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The Antidepressant Survival Program: How to Beat the Side Effects and Enhance the Benefits of Your Medication

Robert J. Hedaya M.D.

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You or someone you love may be one of an estimated 25 million Americans currently taking antidepressants for a wide range of psychiatric and physical disorders. But there is a dark side to these "wonder drugs" --- punishing side effects such as weight gain, lethargy, and sexual dysfunction that afflict up to 80 percent of the people who take them. Until now, side effect sufferers have had nowhere to turn for help. All too often their doctors dismiss side effects as "necessary evils" and urge patients to "learn to live with them." Even compassionate doctors rarely have the specialized expertise to manage side effects.

In **The Antidepressant Survival Program**, Dr. Robert J. Hedaya, a leading psychopharmacologist and clinical psychiatrist, shares his comprehensive mindbody program to reduce or eliminate the side effects of antidepressants. Now everyone can benefit from Dr. Hedaya's life-restoring prescription that has worked wonders for hundreds of his own patients.

"Why settle for half a life," asks Dr. Hedaya, "when you can have a full and satisfying one?" Drawing on his expertise in multiple fields, including psychopharmacology, nutrition, and endocrinology, as well as from his extensive clinical practice, Dr. Hedaya has created an integrative program of nutrition, exercise, stress reduction, and hormone supplementation that corrects the imbalances created by antidepressants. Best of all, his program actually enhances the benefits of medication while reducing or completely eliminating its side effects.

Beginning with a Five-Day Jump Start that motivates and shows quick results, Dr. Hedaya takes you step by step through his lifestyle program for restoring lost vitality, sex drive, and desired weight. Then he offers results-oriented advice about how to work with your doctor to supplement vital hormones, vitamins, and micronutrients that are often depleted by antidepressants. There are also special sections written expressly for your doctor.

The **Antidepressant Survival Program** supplies a medically proven solution for everyone who is caught between the rock of depression and the hard place of antidepressant side effects. Dr. Hedaya has created this program for everyone who believes, as he does, that it is not enough to survive depression -- you can thrive!

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